



Centro Fitness: nuovo planning dal 6 Novembre

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
	09:30 - 10:30 FREE GYM	09:30 - 10:30 FREE GYM		09:30 - 10:30 FREE GYM	09:30 - 10:30 PAULINA HATHA YOGA ONLINE
10:15 - 11:15 ANDREA GINN.DOLCE	10:00 - 11:00 PAULINA HATHA YOGA ONLINE	10:15 - 11:15 ANDREA GINN.DOLCE	10:00 - 11:00 PAULINA HATHA YOGA ONLINE	10:15 - 11:15 LUCIA GINN.DOLCE	10:30 - 11:30 EKATERINA RUS.TRAINING
	11:00 - 12:00 LUCIA CORPO LIBERO	12:00 - 13:30 FREE GYM	11:15 - 12:15 STEFANO POST.STRETCH	12:00 - 13:30 FREE GYM	11:30 - 12:00 EKATERINA STRETCHING
13:30 - 14:30 STEFANO TOTAL BODY	13:30 - 14:30 LUCIA ASSI CYCLING P	13:30 - 14:30 STEFANO TOTAL BODY	13:30 - 14:30 LUCIA ASSI CYCLING P	13:30 - 14:30 STEFANO CIRC.TRAINING	12:45 - 13:45 LUCIA ASSI CYCLING P
14:30 - 15:20 ELSA PILATES		14:30 - 15:20 ELSA PILATES		14:10 - 15:00 ELSA POST. PILATES	
15:30 - 17:00 FREE GYM	15:30 - 17:00 FREE GYM		15:30 - 17:00 FREE GYM		DOMENICA
18:00 - 19:00 ANDREA GYM & FIELD	18:00 - 19:00 PAULINA ADV. YOGA ONLINE	18:00 - 19:00 ANDREA GYM & FIELD	18:00 - 19:00 PAULINA ADV. YOGA ONLINE	18:00 - 19:00 PAULINA ADV. YOGA ONLINE	09:30 - 13:00 FREE GYM
19:00 - 20:00 ANDREA GYM & FIELD	19:00 - 20:00 STEFANO POST.CARDIO	19:00 - 20:00 ANDREA GYM & FIELD	19:00 - 20:00 FIORENZO FUN.TRAINING	19:00 - 20:00 ANDREA GYM & FIELD	
20:00 - 21:00 FREE GYM				20:00 - 21:00 FREE GYM	